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ORANGE JUICE,
TOMATO JUICE,
AND VITAMIN C

Tomato juice, canned or fresh, contributes vitamin C to the diet in appreciable amounts. So does orange juice. For some time our best authorities on human nutrition have recommended tomato or orange juice for both infant and adult diets.

Because both contain vitamin C, people have assumed that equal quantities of either possess the same antiscorbutic, or scurvy-preventing, value. This, recent studies by the Bureau of Home Economics of the U. S. Department of Agriculture show, is not the case. These studies, made over a period of 1 year, have shown that it takes at least twice as much tomato juice and in most cases nearly three times as much tomato juice as orange juice to yield the same amount of vitamin C.

Here is another point brought out by the Bureau's study: Juices lose their vitamin C potency if they stand very long. Orange juice should not be extracted at night and put in the refrigerator until breakfast. In 6 hours it will lose approximately 10 percent of its vitamin C. Tomato juice lost 40 percent or more in 3 or 4 days, even when the jar was covered.

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